

Delicious Salad Dressings

To make a complete meal, combine 1 part protein, 1 part carbohydrate, 2 parts vegetables, and top it off with one of these flavourful dressings.

Apple Cider

2 Tbsp olive oil
2 Tbsp apple cider vinegar
½ tsp mustard
Salt, pepper, sugar to taste

Balsamic

2 Tbsp olive oil
2 Tbsp balsamic vinegar
¼ tsp oregano
¼ tsp basil
1/8 tsp black pepper
Add a squeeze of mustard if you want it to hold together

Poppyseed

2 Tbsp white wine vinegar or 3 Tbsp fruit juice
2 Tbsp canola oil
1 Tbsp sugar (less if using fruit juice)
1/8 tsp onion powder
1 Tbsp poppy seeds
1/4 teaspoon salt
1/4 tsp ground mustard
Add 1 tsp mayonnaise for a creamier dressing

Honey Mustard

1 Tbsp canola oil
2 Tbsp white wine vinegar
1 Tbsp mustard
1 Tbsp honey
Black pepper to taste

Savoury

1 Tbsp nutritional yeast
1 Tbsp white wine vinegar
1 Tbsp sesame oil
3 Tbsp canola oil
2 tsp low sodium soy sauce
1 small clove garlic, mashed

Ranch

2 Tbsp Greek yogurt
2 Tbsp milk
2 Tbsp mayo
1 tsp dried parsley
¼ tsp dried dill
1/8 tsp onion powder
1/8 tsp black pepper
Dash garlic powder
Add a splash of lemon juice if it needs more tang

Caesar

¼ cup mayo
½ Tbsp lemon juice
2 Tbsp parmesan
½ small garlic clove, crushed
¼ tsp Worcestershire
Pepper to taste
For more complex flavor add anchovy

Peanut

1 Tbsp peanut butter
2 tsp rice vinegar
1 tsp soy sauce
1 Tbsp honey or sugar
½ clove garlic, crushed
¼ tsp fresh ginger, finely grated
Enough water to reach desired consistency
If you like heat, add a dash of hot sauce

Tahini

1 Tbsp olive oil
1 Tbsp rice vinegar
1 Tbsp tahini
1 tsp mustard
1 tsp honey
Water to thin